

Sheikh Farid – Sabad 28
fareedaa gale'ee chikaR dyyr ghar naal piaare neh ||
Salok, Seikh Farid, Guru Granth Sahib, 1379

fareedaa gale'ee chikaR dyyr ghar naal piaare neh ||
chala ta bhijai ka(n)balee rahaa(n) ta tuTai neh ||24||

Summary: A meaningful connection, whether with oneself, another person, or nature, demands courageous sincerity and a willingness to be fully present, unguarded, and open. This level of honesty often disrupts comfort, challenges control, and unsettles the ego. While embracing this sincerity may cost us the illusion of safety, it offers something far more valuable: an authentic self and a deeper connection to our existence. In such vulnerability, we do not lose ourselves; we meet ourselves more fully.

fareedaa gale'ee chikaR dyyr ghar naal piaare neh ||
Farid says the path is muddy and the home is far, but my love is with the Beloved. Symbolizing that life's distractions, distances from truth; however, love for inner consciousness remains strong.

chala ta bhijai ka(n)balee rahaa(n) ta tuTai neh ||24||
If I walk, my blanket gets soaked; if I stay, I betray love. This is a portrayal of inner conflict: the challenges of facing the truth or losing connection with one's inner self. (24)

Essence: Sheikh Farid beautifully captures the internal conflict in the journey towards truthful living. The muddy path symbolizes the muck of worldly distractions, and the blanket represents ego, the ego that creates challenges. He speaks of those moments when continuing the righteous path feels messy, distant, and uncomfortable, yet retreating feels like a betrayal of one's conscience. The verse poses a dilemma: to risk short-term discomfort or to remain stagnant and risk eternal connection.

Sabad Interpretation by **Vininder Kaur & Amardeep Singh**

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